PERFECT HERBS

Herb Monograph Latin Name: Mitchella repens

Common Name: Partridge Berry

Primary Action	endocrine modulator
Secondary Actions	emmenagogue, parturient
System Affinities	endocrine
Conditions Treated	labor support, regulate menses
Constituents	alkaloids, saponins, tannins
Tincture Daily Dose	6 mL to 12 mL
Tea Daily Dose	4 g to 8 g
Parts Used	aerial parts
Can Be Substituted With	N/A
Pairs Well With	Caulophyllum thalictroides and Actea racemosa as paturients for active labour support and Paeonia alba, Vitex agnus-castus, Schisandra sinensis and Angelica sinensis for menstrual regulation in patterns of relative excess in deficient constitutions

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